

NO resolutions allowed!

I mean, really. What good do they do anyway? I think they are GREAT for creating more guilt - which none of us need. Actually, make just ONE resolution - to simplify your life in the coming year. Do that and priorities leap out at you and everything else falls into place!

Click on the following links to start DOING something!

Next Incentive Program starts February 3rd! Sign up now!!!

Creating Life Balance Stress Management Program

Creating Life Balance is a stress management incentive program sponsored by Healthy Utah. It is designed to help you manage the stress in your life in 2003! This program begins on February 3rd and ends March 16th. It's free, easy and your whole family can participate! Register today!

More Information:

http://www.healthyutah.org/member_benefits/incentive_programs/life_balance/life_balance.html

Ready to shed some weight or just learn healthy eating habits? Click here for our online program 'Weight 4 Me'. http://www.healthyutah.org/member_benefits/online_programs/wt4me.html It's FREE for registered members of Healthy Utah so if you need to register just click here <https://itsweb5ssl.state.ut.us/NASApp/huform/HUFormServlet> It will take about a week for your registration to take effect then you are on your way!

Do you like to participate via email in learning/discussion groups? If you do, try one or both of these. One is on exercise and is run by Brett, our personal trainer:

http://www.healthyutah.org/member_benefits/listservs/moveit.html

This one is for weight management and healthy eating issues and is run by Kelly, our registered dietitian.

http://www.healthyutah.org/member_benefits/listservs/lightenup.html

Free training seminars at your site! Want a seminar or series at your work location? Check out our extensive list of topics here

http://www.healthyutah.org/member_benefits/wellness_seminars/ws_topics.html then give us a call at 538-6261 to schedule one for your group.

Testing Sessions- SLC, Brigham City, Ogden, Heber, W Terrace, Orem, Draper and West Valley City (see dates below) FREE assessment of your height, weight, body composition, blood pressure, cholesterol, blood glucose (diabetes) and a health questionnaire. Confidential, private, 30 minute meeting with a professional staff member. Receive your results right then. Set a goal or two if you are ready to take action. You must have an appointment to attend so call 1-888-222-2542 (outside SLC) or 538-6261 today!

Date Location

7 Health Dept 288 N 1460 W SLC

8 Workforce Services 1050 S 500 W Bringham City

9 UDOT 169 Wall Ave Ogden

14 Retirement 540 E 200 S SLC

15 Air Nat'l Guard 765 N 2200 W SLC

16 Human Services 120 N 200 W SLC
17 JR Smith Elementary 235 E 500 N Heber
21 Washington Terrace City 275 E 4425 S
23 Fred House 14717 Minuteman Dr Draper
28 UDOT 658 N 1500 W Orem
29 Taylorsville-Benion Improvement Dist 1800 W 4700 S
30 DEQ 168 N 1950 W SLC

Best wishes for a happy, healthy, simplified new year! We'll see you soon.

The Healthy Utah Team

1-02-03